

TEAM HILL FITNESS REGIMEN TRAINING CARDS

The Team Hill Fitness Regimen includes twelve 60-minute workouts over a five-week period. The workouts are either:

- 1) Running/Speed work with mild upper body and core/trunk conditioning
- 2) Muscular strength training with mild running
- 3) Long runs for time

These three workout types are performed in a weekly regimen. After the 12th training session the cycle repeats. You need to train these core muscles because of the three basic components of the AFI Fitness Assessment (push-ups, crunches, run) utilize these muscle groups. For motivational incentive workouts every other Friday you can have a fun day. Be creative and set up games between the other groups in your PT session. Workout intensity should increase as the week's progress.

These PT cards were designed to be used as a template which squadron commanders can make changes to meet the needs of their commands.

Any Questions on the workouts listed please contact the Fitness Program Manager

Good luck on your quest for fitness!!

Monday, FTF #1: Run/Speed				
Warm-Up (10 min plus time for sign ins)	Upper Body & Core (10 min)	Run (25-30 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p>	<p>1-Minute Work-outs:</p> <ul style="list-style-type: none"> • AF Push-ups— do as many as possible in 1 minute • Modified Crunches- do as many as possible in 1 minute • Triceps Dips— do as many as possible in 1 minute • Oblique Crunches on Rt Side— do as many as possible in 1 minute • Oblique Crunches on Lt Side— do as many as possible in 1 minute 	<p>Running Warm-Up <u>30 meter Up-and-Back</u> <u>Lines:</u> Jog Forward----Jog Backward Side Step up----Side Step back High Knees/Butt Kicks Skip-Reach Jog Backward-----Jog Forward</p> <p><u>25-30 Run:</u> 25-30 minute run. <i>Option:</i> Have each 25-person group form two parallel lines</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Wednesday FTF #2: Muscular Strength			
Warm-Up (10- min/sign-ins)	(35-40 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p>	<ul style="list-style-type: none"> • Objective: Consecutively perform each exercise for either 30 sec-1 min at own pace, or counted reps as a group (judge reps by group's ability). Repeat exercises until time expires. • Depending on group's performance, break exercises up with a jog/run to give students a breather. <ol style="list-style-type: none"> 1) Regular Pushups 2) Crunches w/ knees raised 3) Wide-arm Pushups 4) Oblique Crunches 5) Triceps Dips 6) Leg Raises 7) Superman 8) Donkey Kicks 9) Lunges to back 10) Power Squats 11) Jumping Jacks 	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Friday FTF #3: Long Run			
Warm-Up (10- min/sign-ins)	Long Run (30-35 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p>	<p>Ultimate goal: keep running for designated time. Gauge time/ speed by desires/ability of the individual</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Monday FTF #4: Speed				
Warm-Up (10 min/sign-ins)	Upper Body & Core (15 min)	Speed-work Run (30 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p>	<p>Pyramid Roll-Overs: Alternate between regular or modified push-ups and regular or modified crunches, starting at 1 each, pyramiding to 5-10 each (depending on group's ability), and decreasing back to 1 each.</p>	<p>Speed Warm-Up <u>30 meter Up-and-Back Lines:</u> Jog Forward----Jog Backward Side Step up----Side Step back High Knees----Feet to Butt Bounding Skip----Bounding Stride One-foot Single Hop</p> <p><u>20-25 min Last-Man-Up Run:</u> Divide 25-person group into two parallel lines; the two" last men" will sprint on outside or inside of the lines toward the front.</p> <p>CRITICAL: run pace is "painfully" slow to ensure last man SPRINTS to front and to provide recovery time between sprints.</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Wednesday FTF #5: Muscular Strength						
Warm Up (10 Min/sign-ins)	Four-Corners Circuit Training (40 min)			Cool Down (10 min)	Instructors	
<p>Mass Group: Slow jog /walk Shoulder Rolls Waist Twist Hip Rotation Upper Body Rotation Side Bends Knee Rotation</p> <p>Static Stretches: Hamstring Quadriceps Calf</p> <p>25-person Group 30 meter Up-and-Back Lines: Jog Forward----Jog Backward Side Step up----Side Step back Reach Skip Jog Backward-----Jog Forward</p>	<p>Set-up: Place 4 cones or markers 200 or 400 meters apart; identify an exercise at each cone/marker. Divide team into four groups and place one group at each cone/marker.</p> <p>Objective: Consecutively perform indicated exercise for duration of 1-minute then run to next station. Begin next 1-min exercise cycle when everyone is at their next cone/marker. VARIATION: After each group goes to all four cones, have groups run to second or third cone instead of next cone.</p> <p>Safety: Create 3-5 min rest time via fast walk or slow jog, as needed</p>			<p>Walk: 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p>Static Stretches: Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>		<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>
	Station Options (use any you want to add variety to each cone):					
	Cone A	Cone B	Cone C	Cone D		
	Regular Push-ups	Regular Crunches	8-Count Bodybuilders	Steam Engines		
	Wide-Arm Push-ups	Crunches with feet raised	4-Count Thrusts	Lunges to front or back		
	Diamond Push-Ups	Oblique Crunches	Mountain Climbers	Power Squats		
	Triceps Dips	Leg Raisers	Shuffles	Vertical Jump w/ arm swing		

Friday FTF #6: Long Run or fun day			
Warm-Up (10- min/sign-ins)	Time / Distance Run (35-40 min)	Cool Down (10 min)	Instructors
Mass Group: Slow jog/walk Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles) Static Stretches: Hamstring Quadriceps Calf 25-person Group 30 meter Up-and-Back Lines: Jog Forward----Jog Backward Side Step up----Side Step back Shuffle up-----Shuffle back Jog Backward-----Jog Forward	Ultimate goal: keep running for designated time. Gauge time/ speed by desires/ability of the groups. Or Ultimate Frisbee challenge or similar games to provide incentives. Could also play games between groups. For example Team Shark's Group A vs. Group B in flag football, Olympic games, etc.	Walk: 2-4 min to lower heart rate to ≤ 120 bpm. Static Stretches: Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back	PTL: Warm-Up: Grp. A: Grp. B: Grp. C: Grp. D:

Monday
FTF #7: Speed

Warm Up (10 Min/sign-ins)	Upper Body & Core & Calisthenics (10 mins)	Pyramid Speed Work (30 min)	Cool Down (10 min)	Instructors
<p>Mass Group: Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p>Static Stretches: Hamstring Quadriceps Calf</p>	<p>"Only 3"</p> <ul style="list-style-type: none"> Push-ups: Perform 3 push-ups, rest without moving arms from position, do 3 more push-ups, rest; continue up to 20 times (depending on group's ability). Crunches with knees up: Perform 3 crunches but hold third one in up position for 3 seconds; repeat up to 20 times (depending on group's ability). <p>Repeat to fill time.</p>	<p>Speed Warm-Up 30 meter Up-and-Back Lines: Jog Forward---Jog Backward Side Step up---Side Step back Shuffle up---Shuffle back High Knees---Feet to Butt Bounding Skip---Bounding Stride One-foot Single Hop---One-foot Double Hop</p> <p>22-min Speed Work Done as a group or a team; One leader has air-horn to signal changes from jog to sprint.</p> <ul style="list-style-type: none"> 30 sec jog --- 15 sec sprint 30 sec jog --- 30 sec sprint 1 min jog --- 45 sec sprint 2 min jog --- 1 min sprint 2 min jog --- 1.5 min sprint 2 min jog --- 2 min sprint 2 min jog --- 1 min sprint 2 min jog --- 30 sec sprint 1 min jog --- 15 sec sprint 1 min jog into cool down 	<p>Walk: 2-4 min to lower heart rate to ≤120 bpm.</p> <p>Static Stretches: Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Wednesday
FTF #8: Muscular Strength

Warm Up (10 Min/sign-ins)	Circuit Training Stations (40 min)				Cool Down (10 min)	Instructors
<p>Mass Group: Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p>Static Stretches: Hamstring Quadriceps Calf</p> <p>25-person Group 30 meter Up-and-Back Lines: Jog Forward---Jog Backward Side Step up---Side Step back Reach skip Jog Backward---Jog Forward</p>	<p>Set-up: Perform first row of exercises A-D then repeat with next row of exercises until time has expired</p> <p>Objective: Consecutively perform each exercise for duration of 30 sec-1 min each or by counting out predetermined number of reps.</p>				<p>Walk: 2-4 min to lower heart rate to ≤120 bpm.</p> <p>Static Stretches: Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>
	A	B	C	D		
	Power squats	Regular push-ups	AF or modified crunches	Jog or Run		
	4-count thrusts	Triceps dips	Donkey Kick	Jog or Run		
	Mountain climbers	Superman	Oblique crunches (each side)	Jog or Run		
	Lunges to the back	Wide-arm push-ups	Flutter kicks	Jog or Run		
	Vertical jumps with arm swing	Calf Raises	Crunches with knees up	Jog or Run		

Friday
FTF #9: Long Run

Warm-Up (10 min/sign-ins)	Time / Distance Run (35 - 45 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p> <p>25-person Group <u>30 meter Up-and-Back Lines:</u> Jog Forward----Jog Backward Side Step up----Side Step back Shuffle up----Shuffle back Jog Backward----Jog Forward</p>	<p>Ultimate goal: keep running for designated time. Gauge time/ speed by desires/ability of the groups.</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Monday
FTF #10: Speed

Warm-Up (10 min/sign-ins)	Upper Body & Core (15 min)	Run (25-30 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p>	<p>Pyramid Roll-Overs: Alternate between regular or modified push-ups and regular or modified crunches, starting at 1 each, pyramiding to 7-14 each (depending on group's ability), and decreasing back to 1 each.</p>	<p>Running Warm-Up <u>30 meter Up-and-Back Lines:</u> Jog Forward----Jog Backward Side Step up----Side Step back High Knees----Feet to Butt Shuffle up----Shuffle back Jog Backward----Jog Forward</p> <p><u>20-25 min Last-Man-Up Run:</u> Divide 25-person group into two parallel lines; the two" last men" will sprint on outside or inside of the lines toward the front.</p> <p>CRITICAL: run pace is "painfully" slow to ensure last man SPRINTS to front and to provide recovery time between sprints.</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Wednesday FTF #11: Muscular Strength			
Warm-Up (10- min/sign-ins)	Circle Challenge (35-40 min)	Cool Down (10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p> <p>25-person Group <u>30 meter Up-and-Back Lines:</u> Jog Forward----Jog Backward Side Step up----Side Step back Shuffle up—Shuffle back Jog Backward-----Jog Forward</p>	<p>Objective: Consecutively perform (10-20 each) a 4-count large-muscle, an upper body, and a lower body exercise, then run in a tight circle for 2-minutes. The Instructors runs inside the circle in opposite direction to motivate students. Repeat exercise and run interval for 40 mins, but reverse direction of run each time.</p> <p>1) Power squats, AF push-ups, crunches with feet on ground 2) 4-count thrusts, wide-arm push-ups, leg raises 3) Steam engines, triceps dips, crunches with knees up 4) Calf Raises, diamond push-ups, flutter kicks 5) Lunges to back, AF push-ups, crunches with legs up 6) Mountain climbers, wide-arm push-ups, leg spreaders 7) Vertical jumps with arm swing, triceps dips, frogs 8) Repeat with 1-7 until 40 minutes is up.</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats. Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>

Friday FTF #12: Long Run/or Fun Day			
Warm-Up (10 min/sign-ins)	Time / Distance Run (40 - 50 min)	Cool Down (5-10 min)	Instructors
<p><u>Mass Group:</u> Slow jog/walk</p> <p>Shoulder/Elbow Rolls (both directions) Trunk Twist (with elbows up) Hip Rotation (both directions) Upper Body Rotation (both directions) Side Bends (both sides) Knee Rotation (both directions) Ankle Rotation (both directions, both ankles)</p> <p><u>Static Stretches:</u> Hamstring Quadriceps Calf</p> <p>25-person Group <u>30 meter Up-and-Back Lines:</u> Jog Forward----Jog Backward Side Step up----Side Step back Shuffle up—Shuffle back Jog Backward-----Jog Forward</p>	<p>Ultimate goal: keep running for designated time. Gauge time/ speed by desires/ability of the individual</p> <p>Or Ultimate Frisbee challenge or similar games to provide incentives. Could also play games between groups. For example Team Shark's Group A vs. Group B in flag football, Olympic games, etc.</p>	<p><u>Walk:</u> 2-4 min to lower heart rate to ≤ 120 bpm.</p> <p><u>Static Stretches:</u> Neck Arm Shoulders Chest Lats Cat Back Hamstring Quadriceps Calf Groin Low back</p>	<p>PTL:</p> <p>Warm-Up:</p> <p>Grp. A:</p> <p>Grp. B:</p> <p>Grp. C:</p> <p>Grp. D:</p>